

## ABSTRACT OF THE DISCLOSURE

Capsules for protecting a benefit ingredient and/or a colorant useful in detergent or personal care compositions. The benefit agent and/or colorant within the capsule is  
5 surrounded by a continuous phase based on a mixture of thermoplastic-type co-polymer and hydrocarbon oil. The continuous phase is preferably transparent. Detergent and personal care compositions containing the capsules are also described.

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